THAT WHICH IS CLAIMED IS:

1. A method for making a semiconductor device comprising:

forming a superlattice comprising a plurality of stacked groups of layers; and

forming regions for causing transport of charge carriers through the superlattice in a parallel direction relative to the stacked groups of layers;

each group of layers of the superlattice comprising a plurality of stacked base semiconductor monolayers defining a base semiconductor portion and an energy band-modifying layer thereon;

the energy-band modifying layer comprising at least one non-semiconductor monolayer constrained within a crystal lattice of adjacent base semiconductor portions so that the superlattice has a higher charge carrier mobility in the parallel direction than would otherwise be present.

- 2. A method according to Claim 1 wherein the superlattice also has a common energy band structure therein.
- 3. A method according to Claim 1 wherein the charge carriers having the higher mobility comprise at least one of electrons and holes.
- 4. A method according to Claim 1 wherein each base semiconductor portion comprises silicon.

- 5. A method according to Claim 1 wherein each energy band-modifying layer comprises oxygen.
- 6. A method according to Claim 1 wherein each energy band-modifying layer is a single monolayer thick.
- 7. A method according to Claim 1 wherein each base semiconductor portion is less than eight monolayers thick.
- 8. A method according to Claim 1 wherein each base semiconductor portion is two to six monolayers thick.
- 9. A method according to Claim 1 wherein the superlattice further has a substantially direct energy bandgap.
- 10. A method according to Claim 1 wherein the superlattice further comprises a base semiconductor cap layer on an uppermost group of layers.
- 11. A method according to Claim 1 wherein all of the base semiconductor portions are a same number of monolayers thick.
- 12. A method according to Claim 1 wherein at least some of the base semiconductor portions are a different number of monolayers thick.
- 13. A method according to Claim 1 wherein all of the base semiconductor portions are a different number of monolayers thick.

- 14. A method according to Claim 1 wherein each non-semiconductor monolayer is thermally stable through deposition of a next layer.
- 15. A method according to Claim 1 wherein each base semiconductor portion comprises a base semiconductor selected from the group consisting of Group IV semiconductors, Group III-V semiconductors, and Group II-VI semiconductors.
- 16. A method according to Claim 1 wherein each energy band-modifying layer comprises a non-semiconductor selected from the group consisting of oxygen, nitrogen, fluorine, and carbon-oxygen.
- 17. A method according to Claim 1 wherein forming the superlattice comprises forming the superlattice on a substrate.
- 18. A method according to Claim 1 wherein the higher charge carrier mobility results from a lower conductivity effective mass for charge carriers in the parallel direction than would otherwise be present.
- 19. A method according to Claim 18 wherein the lower conductivity effective mass is less than two-thirds the conductivity effective mass that would otherwise occur.
- 20. A method according to Claim 1 further comprising doping the superlattice with at least one type of conductivity dopant therein.

21. A method according to Claim 1 wherein the superlattice defines a channel for the semiconductor device and wherein forming the regions comprises:

forming source and drain regions laterally adjacent the superlattice channel; and

forming a gate overlying the superlattice channel.

22. A method for making a semiconductor device comprising:

forming a superlattice comprising a plurality of stacked groups of layers; and

forming regions for causing transport of charge carriers through the superlattice in a parallel direction relative to the stacked groups of layers;

each group of layers of the superlattice comprising a plurality of stacked silicon atomic layers defining a silicon portion and an energy band-modifying layer thereon;

the energy-band modifying layer comprising at least one oxygen atomic layer constrained within a crystal lattice of adjacent silicon portions so that the superlattice has a higher charge carrier mobility in the parallel direction than would otherwise be present.

- 23. A method according to Claim 22 wherein the superlattice has a common energy band structure therein.
- 24. A method according to Claim 22 wherein the charge carriers having the higher mobility comprise at least one of electrons and holes.

- 25. A method according to Claim 22 wherein each energy band-modifying layer is a single atomic layer thick.
- 26. A method according to Claim 22 wherein each silicon portion is less than eight atomic layers thick.
- 27. A method according to Claim 22 wherein each silicon portion is two to six atomic layers thick.
- 28. A method according to Claim 22 wherein the superlattice further has a substantially direct energy bandgap.
- 29. A method according to Claim 22 wherein the superlattice further comprises a silicon cap layer on an uppermost group of layers.
- 30. A method according to Claim 22 wherein all of the silicon portions are a same number of atomic layers thick.
- 31. A method according to Claim 22 wherein at least some of the silicon portions are a different number of atomic layers thick.
- 32. A method according to Claim 22 wherein all of the silicon portions are a different number of atomic layers thick.

- 33. A method according to Claim 22 wherein forming the superlattice comprises forming the superlattice on a substrate.
- 34. A method according to Claim 22 wherein the higher charge carrier mobility results from a lower conductivity effective mass for charge carriers in the parallel direction than would otherwise be present.
- 35. A method according to Claim 22 further comprising doping the superlattice with at least one type of conductivity dopant therein.
- 36. A method according to Claim 22 wherein the superlattice defines a channel for the semiconductor device and wherein forming the regions comprises:

forming source and drain regions laterally adjacent the superlattice channel; and

forming a gate overlying the superlattice channel.

37. A method for making a semiconductor device comprising:

forming a superlattice comprising a plurality of stacked groups of layers; and

forming regions adjacent the superlattice for causing transport of charge carriers through the superlattice in a parallel direction relative to the stacked groups of layers;

each group of layers of the superlattice comprising less than eight stacked base semiconductor

monolayers defining a base semiconductor portion and an energy band-modifying layer thereon;

the energy-band modifying layer comprising a single non-semiconductor monolayer constrained within a crystal lattice of adjacent base semiconductor portions so that the superlattice has a higher charge carrier mobility in the parallel direction than would otherwise be present.

- 38. A method according to Claim 37 wherein the superlattice has a common energy band structure therein.
- 39. A method according to Claim 37 wherein the charge carriers having the higher mobility comprise at least one of electrons and holes.
- 40. A method according to Claim 37 wherein the superlattice further has a substantially direct energy bandgap.
- 41. A method according to Claim 37 wherein the superlattice further comprises a base semiconductor cap layer on an uppermost group of layers.
- 42. A method according to Claim 37 wherein all of the base semiconductor portions are a same number of monolayers thick.
- 43. A method according to Claim 37 wherein at least some of the base semiconductor portions are a different number of monolayers thick.

- 44. A method according to Claim 37 wherein all of the base semiconductor portions are a different number of monolayers thick.
- 45. A method according to Claim 37 wherein forming the superlattice comprises forming the superlattice on a substrate.
- 46. A method according to Claim 37 wherein the higher charge carrier mobility results from a lower conductivity effective mass for charge carriers in the parallel direction than would otherwise be present.
- 47. A method according to Claim 37 further comprising doping the superlattice with at least one type of conductivity dopant therein.
- 48. A method according to Claim 37 wherein the superlattice defines a channel for the semiconductor device and wherein forming the regions comprises:

forming source and drain regions laterally adjacent the superlattice channel; and

forming a gate overlying the superlattice channel.

49. A method for making a semiconductor device comprising:

forming a superlattice comprising a plurality of stacked groups of layers; and

forming regions for causing transport of charge carriers through the superlattice in a parallel direction relative to the stacked groups of layers;

each group of layers of the superlattice comprising less than eight stacked silicon atomic layers defining a silicon portion and an energy band-modifying layer thereon;

the energy-band modifying layer comprising a single oxygen atomic layer constrained within a crystal lattice of adjacent silicon portions.

- 50. A method according to Claim 49 wherein the superlattice further comprises a base semiconductor cap layer on an uppermost group of layers.
- 51. A method according to Claim 49 wherein all of the base semiconductor portions are a same number of atomic layers thick.
- 52. A method according to Claim 49 wherein at least some of the base semiconductor portions are a different number of atomic layers thick.
- 53. A method according to Claim 49 wherein all of the base semiconductor portions are a different number of monolayers thick.
- 54. A method according to Claim 49 wherein forming the superlattice comprises forming the superlattice on a substrate.
- 55. A method according to Claim 49 further comprising doping the superlattice with at least one type of conductivity dopant therein.

56. A method according to Claim 49 wherein the superlattice defines a channel for the semiconductor device and wherein forming the regions comprises:

forming source and drain regions laterally adjacent the superlattice channel; and

forming a gate overlying the superlattice channel.

57. A method for making a semiconductor device comprising:

forming a superlattice comprising a plurality of stacked groups of layers; and

forming regions for causing transport of charge carriers through the superlattice in a parallel direction relative to the stacked groups of layers;

each group of layers of the superlattice comprising a plurality of stacked base semiconductor monolayers defining a base semiconductor portion and an energy band-modifying layer thereon;

the energy-band modifying layer comprising at least one non-semiconductor monolayer constrained within a crystal lattice of adjacent base semiconductor portions so that the superlattice has a lower conductivity effective mass for charge carriers in the parallel direction than would otherwise be present.

58. A method according to Claim 57 wherein the superlattice also has a common energy band structure therein.

- 59. A method according to Claim 57 wherein the charge carriers having the lower conductivity effective mass comprise at least one of electrons and holes.
- 60. A method according to Claim 57 wherein each base semiconductor portion comprises silicon.
- 61. A method according to Claim 57 wherein each energy band-modifying layer comprises oxygen.
- 62. A method according to Claim 57 wherein each energy band-modifying layer is a single monolayer thick.
- 63. A method according to Claim 57 wherein each base semiconductor portion is less than eight monolayers thick.
- 64. A method according to Claim 57 wherein each base semiconductor portion is two to six monolayers thick.
- 65. A method according to Claim 57 wherein the superlattice further has a substantially direct energy bandgap.
- 66. A method according to Claim 57 wherein the superlattice further comprises a base semiconductor cap layer on an uppermost group of layers.
- 67. A method according to Claim 57 wherein all of the base semiconductor portions are a same number of monolayers thick.

- 68. A method according to Claim 57 wherein at least some of the base semiconductor portions are a different number of monolayers thick.
- 69. A method according to Claim 57 wherein all of the base semiconductor portions are a different number of monolayers thick.
- 70. A method according to Claim 57 wherein each non-semiconductor monolayer is thermally stable through deposition of a next layer.
- 71. A method according to Claim 57 wherein each base semiconductor portion comprises a base semiconductor selected from the group consisting of Group IV semiconductors, Group III-V semiconductors, and Group II-VI semiconductors.
- 72. A method according to Claim 57 wherein each energy band-modifying layer comprises a non-semiconductor selected from the group consisting of oxygen, nitrogen, fluorine, and carbon-oxygen.
- 73. A method according to Claim 57 wherein forming the superlattice comprises forming the superlattice on a substrate.
- 74. A method according to Claim 57 wherein the lower conductivity effective mass is less than two-thirds the conductivity effective mass that would otherwise occur.

- 75. A method according to Claim 57 further comprising doping the superlattice with at least one type of conductivity dopant therein.
- 76. A method according to Claim 57 wherein the superlattice defines a channel for the semiconductor device and wherein forming the regions comprises:

forming source and drain regions laterally adjacent the superlattice channel; and

forming a gate overlying the superlattice channel.